

**THE CNO NAVY FAMILY OMBUDSMAN-AT-LARGE  
And NAVAL SERVICES FAMILYLINE present a  
PCO/PXO SPOUSE SEMINAR**

*Saturday, June 12, 2004  
at the Washington Navy Yard*

*Please join us for FamilyLine's annual PCO/PXO Spouse Seminar. We will address the expectations and challenges facing leadership spouses. This seminar will be held in the lovely historic homes at the Washington Navy Yard. This seminar is open to anyone whose spouse has been slated for a CO or XO tour.*

**9:00 – 10:45 a.m.**

**Gathering Time/Session One**

At the Home of: VADM & Mrs. Charles W. Moore  
Quarters "U", Washington Navy Yard

Session Topic: "The Command Support Team"

**11:00 – 12:15 p.m.**

**Session Two**

At the Home of: VADM & Mrs John Nathman  
Quarters "H", Washington Navy Yard

Session Topic: "Entertaining on a Budget"

Session Leaders: Nancy Skardon, Ombudsman Coordinator  
for Naval Services FamilyLine

**12:30 – 2:30p.m.**

**Luncheon/Session Three**

At the Home of: RADM & Mrs. Jan Gaudio  
Quarters "B", Washington Navy Yard

Panel: "CO/XO Spouse Hot Topics"

**2:30 – 3:30 p.m.**

**Shopping at the NOWC "Temptations" Gift Shop (optional)**

*Parking is available in the garage, Bldg386 across street from Bldg200 in the Yard.*

*For more information & directions, call Nancy Skardon at 703-619-9897 or*

*Naval Services FamilyLine at 202-433-2333*

*Registration Form*

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

Prospective Command/community: \_\_\_\_\_ CO or XO Spouse \_\_\_\_\_

***ON THE BACK OF THIS FORM, PLEASE LIST THREE QUESTIONS YOU  
WOULD LIKE TO HAVE ADDRESSED.***

***RSVP by June 4 by mailing a check for \$20.00 (payable to Naval Services  
FamilyLine) along with the registration form to Nancy Skardon, 2215 Harbor Terrace,  
Alexandria, VA 22308***

## **DIRECTIONS TO WASHINGTON NAVY YARD (using O St gate)**

### **From Virginia (South of the District):**

Follow signs for I-395 North across 14<sup>th</sup> Street Bridge. Once past the Maine Ave. exit, remain in middle to left lanes and follow signs to I-295. Do not follow signs for I-395 N! Take the 6<sup>th</sup> Street exit (next exit after S. Capitol Street). Proceed straight down ramp to stoplight. Continue to 3<sup>rd</sup> stoplight, turn right onto 8<sup>th</sup> Street and stay in middle lane. At the light, turn right onto "M" Street and get into the left lane. At the light, turn left onto 6th Street (Isaac Hull Ave.) and pass through the 6<sup>th</sup> St. Gate (be sure to have your ID handy). Follow parking directions below.

### **From Maryland (North of the District):**

From I-295 South, take Exit 3-B/Howard Road. At bottom of exit ramp, turn right at the light onto Howard Road. Proceed to the end of the street and bear right at the fork. Make your way left up onto the ramp to the Frederick Douglass Bridge. Once across the bridge, you will be on South Capitol Street. Proceed and make a right onto M Street. Go to the 3<sup>rd</sup> (?) light and turn right onto 6th Street (Isaac Hull Ave.) and pass through the 6<sup>th</sup> St. Gate (be sure to have your ID handy). Follow parking directions below.

### **From Maryland and Alexandria (South and East of the District):**

Follow I-295 North from the Beltway. Stay in the right lane of I-295 and take Exit 4 (I-395/Washington Navy Yard). Stay in the right lane in the exit ramp, and after curving onto the 11<sup>th</sup> Street Bridge over the Anacostia River, move over one lane to the right and take immediate right exit to the Navy Yard. Continue down the exit ramp, make a left turn onto M Street at the end of the road. Continue on M street to (about 4 stoplights) make a left onto 6th Street (Isaac Hull Ave.) and pass through the 6<sup>th</sup> St. Gate (be sure to have your ID handy). Follow parking directions below.

### **Parking directions:**

Once inside the gate, (See attached map) continue down 6<sup>th</sup> St (Isaac Hull Ave to the end and turn left onto Sicard St. Pass by the Navy Museum on the left and follow the road around to the left and right until you get to a stop sign at 9<sup>th</sup> St/Parsons Ave. Turn left at the stop sign and proceed to the stop light. Take a right onto N Street and follow it to the Parking Garage just on the other side of 10<sup>th</sup> St.

### **Walking directions, once you are parked:**

Once you are parked, walk on N Street to 10<sup>th</sup> Street. The Moore's home (Qtrs U) is at the corner of 10<sup>th</sup> and N Street, across from the "Subway" sandwich shop. (See Map attached)

**Directions from 6<sup>th</sup> St Gate to Vadm and Mrs. Moore's Qtrs "U"**

